



TRAERGER

FOR

KIDS

A TRAERGER PELLET GRILLS COOKBOOK

VOLUME 1

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“TOTS TO TEENS: RECIPES KIDS LOVE”

Kids can be formidable critics of the food you put on the table. The youngest of them, some not even empowered with language yet, will let you know in no uncertain terms if they’re pleased...or not pleased! And the oldest of them will opt out of family dinners unless the food appeals to them.

Whether the children you feed are in booster seats or taller than you, a Traeger grill is the solution to satisfying and encouraging youthful, discriminating—even finicky—palates. And for bringing the family together for meals again.

For years, we’ve been hearing from Traeger owners who can’t believe their sons or daughters, often instigators of epic food battles at the table, ask for second helpings of grilled vegetables and meats. Or their teenagers invite friends over for dinner when “Traegered” food is on the menu. Or specifically request it for their special birthday meals, sleepovers, graduation parties, etc.

So, for the first time, we’ve compiled Traeger recipes that will please kids, from breakfast through dinner, including snacks and desserts. (Adults will love these recipes, too!) Apple-Sausage-Cheddar Breakfast Meatloaf. Homemade Beef Salami. Smashed Taters. And easy Blender Pumpkin Pie. Over 50 recipes in all. Most are easy enough to invite the kids’ assistance, which will not only give them an investment in the meal, but an incentive to eat it!

For even more kid-friendly recipes, follow Traeger Pellet Grills on Facebook, Twitter, and Pinterest. Or sign up for “Team Traeger” at www.traegergrills.com.



GREAT STARTS

BREAKFAST BURGER

Burgers for breakfast? Why not? The kids will love the novelty, especially if you serve the burger with a healthy smoothie/fruit shake. You can even bake Tater Tots® while the burgers cook. Heartier appetites might enjoy a fried egg on top of their burger.

DIFFICULTY: Easy | **PELLETS:** Maple | **SERVES:** 4
PREP TIME: 10 min. | **COOK TIME:** 25 to 30 min.

THINGS YOU'LL NEED

- 1-1/2 pounds ground turkey or chicken
- Salt and pepper
- 2 tablespoons maple syrup
- 4 slices Canadian bacon
- 4 slices American cheese
- English muffins, split, cut sides buttered

HOW TO MAKE

- 1 Wet your hands with cold water and form the ground turkey into 4 patties, making a slight wide depression in the top of each. Season the patties on both sides with salt and pepper.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Grill the patties, starting with the depression side down. Turn after 15 minutes with a spatula. Cook for 10 more minutes, or until the internal temperature of the burgers is 160 degrees. Brush each burger with maple syrup. Lay a slice of Canadian bacon and a slice of cheese on each burger and continue to cook until the cheese is melted and the bacon is heated through, 5 more minutes.
- 4 In the meantime, toast the English muffin halves, cut sides down, until lightly browned.
- 5 Serve the burgers on the toasted English muffins.



BAKED FRUITED OATMEAL

Here's an unusual recipe from Pennsylvania-Dutch country where they know a thing or two about good food. Bake the oatmeal the night before, if you wish, and microwave individual servings as needed. Top with fresh fruit, if desired.

DIFFICULTY: Easy | **PELLETS:** Apple or Maple | **SERVES:** 4
PREP TIME: 10 min. | **COOK TIME:** About 40 min.

THINGS YOU'LL NEED

- 3 tablespoons butter plus additional butter for greasing the pan
- 1-1/4 cup milk
- 1 egg
- 1 teaspoon vanilla
- 1-1/2 cups rolled oats (not quick-cooking or instant)
- 1/2 cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/2 cup dried blueberries, cranberries, cherries, raisins, apples, peaches, or mixed dried fruits
- Toasted chopped walnuts, for serving (optional)
- Cream, for serving (optional)

HOW TO MAKE

- 1 Grease the bottom and sides of a nonstick loaf pan and set aside.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Melt the 3 tablespoons of butter in a 2-cup glass measuring cup in the microwave. Add the milk, then whisk in the egg and vanilla. In a mixing bowl, combine the oats, brown sugar, baking powder, cinnamon, and salt. Add the wet ingredients and the dried fruit and stir to combine.
- 4 Put the loaf pan directly on the grill grate. Bake for 35 to 40 minutes, or until the mixture is firm and beginning to pull away from the sides of the pan. Serve hot or warm with cream and toasted walnuts.



DUTCH BABY

In all likelihood, you have the ingredients for this Dutch *pannekoeken* (pancake) in your pantry. For maximum “puffiness”, be sure your eggs are at room temperature. You can warm them quickly by submerging them in a bowl of warm water.

DIFFICULTY: Easy | **PELLETS:** Cherry or Apple | **SERVES:** 4
PREP TIME: 10 min. | **COOK TIME:** 20 to 25 min.

THINGS YOU'LL NEED

- 3 large eggs, at room temperature
- 3/4 cup milk, at room temperature
- 3/4 cup all-purpose flour
- 1-1/2 tablespoons granulated sugar
- 1-1/2 teaspoon vanilla
- 1/8 teaspoon salt
- 1/4 teaspoon almond extract (optional)
- 3 tablespoons butter, divided use
- One 21-ounce can cherry or apple pie filling, warmed
- Powdered sugar for serving

HOW TO MAKE

- 1 Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2 Set a 10-inch nonstick skillet with an oven-proof handle on the grill grate and preheat for at least 5 minutes. (Alternatively, use a cast iron skillet or a Pyrex pie plate.)
- 3 In the jar of a blender, combine the eggs, milk, flour, sugar, vanilla, almond extract, if using, and salt, and blend for 30 seconds or until the batter is thick and lump-free.
- 4 Melt 2 tablespoons of the butter and add to the batter, blending briefly to combine. Impale the remaining tablespoon of butter on the end of a table fork and run it around the inside of the heated skillet, coating both the bottom and sides.
- 5 Pour the batter into the heated, buttered skillet all at once. Close the lid of the Traeger and bake the pancake for 20 to 25 minutes, or until it is puffed and golden brown. Serve in wedges with the warmed cherry pie filling on top. Dust with powdered sugar.



HAM AND CHEDDAR SCONES

We have found an “air” cookie sheet—that is, a cookie sheet composed of two flat sheets of aluminum with an insulating layer of air in the middle—works best for these savory scones. The bottom doesn’t over-brown while the scone bakes. For a tasty variation, substitute 3 slices of cooked diced bacon for the ham.

DIFFICULTY: Medium | **PELLETS:** Hickory | **SERVES:** 8
PREP TIME: 15 min. | **COOK TIME:** 18 to 22 min.

THINGS YOU’LL NEED

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 2 teaspoons granulated sugar
- 1 teaspoon dry mustard
- 1/2 teaspoon salt and black pepper
- 3/4 cup shredded Cheddar cheese
- 8 tablespoons (1 stick) cold butter, cut into cubes
- 3/4 cup finely diced lean ham
- 1/2 cup cold cream or whole milk, or as needed, plus 2 tablespoons for the tops

HOW TO MAKE

- 1 Line a baking sheet with parchment paper and set aside.
- 2 Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 In a large bowl, thoroughly whisk together the flour, baking powder, sugar, mustard, salt, and pepper. Add the butter cubes and Cheddar and cut in with a pastry blender until the mixture resembles small peas. Stir in the ham. Add the 1/2 cup of cream and stir just until the ingredients are combined; the dough should be sticky. Add 1 to 2 tablespoons more cream if it seems dry. Be careful not to overwork the dough.

Continued on next page

- 4 Turn the dough out onto a lightly floured surface, and with floured hands, knead it a few times until it comes together. Pat it into a 7- to 8-inch disk about 3/4-inch high. Using a pizza cutter or a sharp knife, cut the dough into 8 wedges. With a lightly floured spatula, transfer the scones to the prepared baking sheet, leaving about 1/2-inch between them. Brush the tops with the remaining cream.
- 5 Bake until golden brown, 18 to 22 minutes. Let cool slightly before serving.



BACON BACON BACON

Frying bacon in a pan on the stovetop has always been a messy enterprise, not to mention a potentially dangerous one with all that fat sputtering and splattering. But cook it on the Traeger, and you can avoid those pitfalls. We like to cook a whole package at a time, separate the strips with wax paper, and refrigerate it in resealable plastic bags when cool. Then we have precooked bacon for use all week in salads, on sandwiches, and for breakfast.

DIFFICULTY: Easy | **PELLETS:** Hickory or Pecan
MAKES: 12 strips of bacon | **PREP TIME:** 5 min.
COOK TIME: 20 to 25 min.

THINGS YOU'LL NEED

- 1 pound cured bacon, thin or thick-cut

HOW TO MAKE

- 1 Line a rimmed baking sheet with aluminum foil and put a wire cooling rack on top of the foil. Spray the rack with cooking spray. Arrange the bacon strips in a single layer on the cooling rack.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Put the baking sheet on the grill grate and cook the bacon until it is golden brown and has rendered its fat, 20 to 25 minutes. (Thick-cut bacon might take a few minutes longer.) If desired, transfer to paper towels and blot the fat. Serve warm.



TRAEGERED SAUSAGE CHUB

Smoke two of these at a time while you have something else on the grill—ribs or pork shoulder, for example—and you'll have precooked sausage for sausage biscuits, breakfast pizza, sausage gravy, or just for snacking.

DIFFICULTY: Easy | **PELLETS:** Hickory | **SERVES:** 4
PREP TIME: Less than 5 min. | **COOK TIME:** About 2 hrs.

THINGS YOU'LL NEED

- One 1-pound uncooked sausage chub, such as Jimmy Dean or Bob Evans brands, any flavor
- Traeger Pork and Poultry Shake, or your favorite barbecue rub

HOW TO MAKE

- 1 Carefully remove the plastic wrapping from the chub so it remains log-shaped. Season lightly with Traeger Pork and Poultry Shake.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
- 3 Put the sausage chub directly on the grill grate and smoke for 1 hour. Increase the temperature to 225 degrees F. Continue to cook the sausage—you will still get plenty of smoke at 225—until an instant read. Meat thermometer inserted through the end reads 160 degrees F, about 45 minutes to 1 hour more. Let the chub rest for a few minutes before slicing.



SMOKED SAUSAGE GRAVY WITH BISCUITS

Here's a hearty breakfast for a wintry school day or a leisurely Saturday morning. The coffee, Worcestershire sauce, and parsley aren't traditional, but we think they improve the dish.

DIFFICULTY: Medium | **PELLETS:** Hickory | **SERVES:** 4 to 6
PREP TIME: 5 min. | **COOK TIME:** 15 min.

THINGS YOU'LL NEED

- One 16-ounce sausage chub, smoked at a previous grill session according to the directions on page 9.
- 4 tablespoons butter
- 4 tablespoons all-purpose flour
- 2 cups milk, plus more as needed
- 1 tablespoon brewed coffee (optional)
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon minced fresh parsley (optional)
- 8 freshly baked biscuits

HOW TO MAKE

- 1 Chop the smoked sausage chub into small pieces and set aside.
- 2 Melt the butter over medium heat in a large frying pan. Add the flour and stir briskly with a whisk or slotted spoon until the mixture bubbles. Continue stirring for 2 to 3 minutes more. Gradually add the milk, stirring constantly. Add the coffee, if using, the Worcestershire sauce, and the salt and pepper. Reduce the heat and cook gently until the mixture is thickened and smooth. Add the sausage pieces and let the gravy cook, stirring occasionally, for 5 to 10 minutes more. If the gravy seems too thick, stir in a bit more milk. Stir in the parsley, if using, just before serving.
- 3 Meanwhile, split the biscuits. For each serving, lay the two halves side-by-side on a plate, cut sides up. Ladle the sausage gravy over the biscuits. Larger appetites may consider two biscuits a fair serving.



GREEN EGGS AND HAM

This recipe riffs on “Green Eggs and Ham” by Dr. Seuss, a book that has been delighting children for over 50 years. It also satisfies children who don't like runny egg yolks. The color here comes from the chlorophyll in spinach. If you don't have any spinach in the house, substitute a few sprigs of fresh parsley or basil, or even a couple of drops of green food coloring.

DIFFICULTY: Easy | **PELLETS:** Any | **SERVES:** 6
PREP TIME: 10 min.. | **COOK TIME:** 15 to 18 min.

THINGS YOU'LL NEED

- Nonstick cooking spray
- 12 thin slices deli-style ham
- 12 large eggs
- 20 young spinach leaves
- 1/2 cup finely grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

HOW TO MAKE

- 1 Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2 Spray the wells of a muffin tin with nonstick cooking spray. Tuck a slice of ham into each well, pressing it to the bottom and sides, forming a kind of cup.
- 3 Break each egg into a cup, taking care not to include any bits of shell, then transfer the egg to a blender jar. Add the spinach leaves, Parmesan, and salt and pepper and process until the spinach is finely chopped. Divide the egg-spinach mixture between the ham cups, pouring from the blender jar.
- 4 Bake until the eggs are set, 15 to 18 minutes. Let cool slightly before removing from the muffin tin.



GRANOLA BARS

Is the school bus rounding the corner? Put a homemade granola bar in your child's hand and wave good-bye. Nutritious and much less expensive than bars sold at the supermarket, these will become a family favorite.

DIFFICULTY: Easy | **PELLETS:** Pecan, Apple, or Cherry
MAKES: 16 bars | **PREP TIME:** 5 min. | **COOK TIME:** About 30 min.

THINGS YOU'LL NEED

- Nonstick cooking spray or softened butter
- 2 cups rolled oats (not instant or quick-cooking)
- 1/2 cup light or dark brown sugar, packed
- 1/2 cup toasted wheat germ
- 1 cup all-purpose flour
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 3/4 cup dried cranberries, cherries, blueberries, raisins, or other dried fruit
- 1/2 cup mini chocolate chips
- 1 large egg
- 1/2 cup oil
- 1/2 cup honey or agave, warmed
- 2 teaspoons vanilla

HOW TO MAKE

- 1 Coat a 9- by 13-inch nonstick baking pan with cooking spray or softened butter and set aside. (If you do not have a nonstick pan, line a regular one with buttered foil or parchment paper.)
- 2 In a large mixing bowl, combine the oats, brown sugar, wheat germ, flour, cinnamon, and salt and mix thoroughly with a wooden spoon. Stir in the dried fruit and chocolate chips.
- 3 Beat the egg with a small fork. Stir in the oil, honey, and vanilla.
- 4 Make a well in the center of the oat mixture and pour in the egg mixture. Using your hands—it helps if you butter them first—mix thoroughly. Tip the mixture into the prepared pan. Top it with a sheet of wax paper, and press the granola mixture evenly and tightly into the pan. Remove the wax paper.

Continued on next page

- 5 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 6 Bake for about 30 minutes, or until the edges begin to brown and pull away from the sides of the pan. Transfer to a wire cooling rack and let cool for 5 to 10 minutes before cutting into bars with a sharp knife. Note: The bars must be cut while still warm as they will harden once cool. Cover the pan with foil, or wrap the bars individually.



APPLE-SAUSAGE - CHEDDAR BREAKFAST MEATLOAF

Talk about a breakfast of champions! Three highly compatible flavors plus smoke come together in this eye-opener of a meatloaf. Great with scrambled eggs, by the way. Though you could use the shredding disk of a food processor to grate the apple, Cheddar, and onion, a low-tech box grater works well and creates fewer dishes.

DIFFICULTY: Medium | **PELLETS:** Apple or Hickory | **SERVES:** 8
PREP TIME: 25 min. | **COOK TIME:** 90 min.

THINGS YOU'LL NEED

- Nonstick cooking spray
- 1/4 cup grated onion
- 1 pound bulk breakfast sausage, maple, or your favorite flavor
- 1 large egg
- 1 pound ground pork
- 1/2 cup milk
- 1 cup grated apple, peeled or unpeeled
- 1 cup herbed stuffing mix, or crushed seasoned croutons
- 3/4 cup shredded Cheddar cheese
- Warm maple syrup, apple butter or applesauce, for serving

HOW TO MAKE

- 1** Line a rimmed baking sheet with foil and place a wire grid cooling rack on top. Spray the cooling rack with nonstick cooking spray.
- 2** In a large mixing bowl, combine the breakfast sausage, ground pork, grated apple, Cheddar, and onion.
- 3** In a small bowl, beat the egg with the milk. Add the herb stuffing mixture, stir, and let sit for 5 minutes. Pour over the meat mixture, and after wetting your hands with cold water, gently mix until well combined.
- 4** Pack the meat mixture into an 8-inch round cake pan, then tip it out of the pan and place it, rounded side up, on the wire cooling rack. Alternatively, form a round loaf with your hands and transfer it to the cooling rack.

Continued on next page

- 5** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
- 6** Smoke the meatloaf for 30 minutes. Increase the temperature to 350 degrees F and bake the meatloaf for 50 to 60 minutes more, or until the internal temperature when read on an instant-read meat thermometer is 165 degrees F.
- 7** Let cool for 10 minutes before cutting into wedges. Serve with warm maple syrup, apple butter, or applesauce.

SMOKY PARTY MIX

Who doesn't love party mix, a recipe made popular in the 1950s by the wife of a Ralston Purina executive? This version, flavored by Traeger smoke, combines two recipes from our childhood. We hope you and your family love it as much as we do.

DIFFICULTY: Easy | **PELLETS:** Pecan, Oak, or Hickory
MAKES: about 14 cups | **PREP TIME:** 15 min.
COOK TIME: 45 min.

THINGS YOU'LL NEED

- 6 cups Chex® cereal, preferably a mix of corn, rice, and wheat
- 3 cups small pretzels
- 3 cups Goldfish® crackers, preferably multi-colored, or oyster crackers
- 2 cups cashews or mixed nuts
- 8 tablespoons butter (1 stick)
- 3 tablespoons popcorn oil, or more as needed, or more melted butter
- 2 tablespoons Worcestershire sauce
- One 1-ounce envelop dry Ranch dressing mix

HOW TO MAKE

- 1 In a large roasting pan, combine the cereal, pretzels, crackers, and nuts.
- 2 Melt the butter in a small saucepan on the stove or in the microwave. Stir in the popcorn oil, Worcestershire sauce, and Ranch dressing mix. Slowly pour over the dry ingredients, stirring constantly with a rubber spatula to coat each piece. If the mix seems dry, add additional popcorn oil, 1 tablespoon at a time.
- 3 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 250 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 4 Put the roasting pan directly on the grill grate. Bake the party mix for about 45 minutes, stirring gently every 15 minutes. Let cool before storing in resealable plastic bags or other airtight containers.



ANYTIME SNACKS

APPLE FRIES

Kids love fries, and apple wedges are healthier than traditional French fries. Serve alone or as a side dish with roast pork and a yogurt and warm honey dip.

DIFFICULTY: Easy | **PELLETS:** Hickory | **SERVES:** 2
PREP TIME: 20 min. | **COOK TIME:** About 30 min.

THINGS YOU'LL NEED

- 2 crisp cooking apples, such as Granny Smith, Pink Lady, or Gala
- 1/2 cup sugar
- 1/2 cup butter
- 1 teaspoon cinnamon

HOW TO MAKE

- 1 Line a rimmed baking sheet with aluminum foil.
- 2 Using a paring knife, cut the apples into quarters; slice out the cores. Then cut each quarter in half lengthwise for a total of eight wedges per apple. Brush the cut sides of each apple wedge with butter. Combine the sugar and cinnamon in a small bowl. Sprinkle each apple wedge lightly with the cinnamon-sugar mixture and arrange in a single layer, cut sides up, on the foiled baking sheet.
- 3 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 4 Put the baking sheet with the apples on the grill grate and grill for 20 to 30 minutes, or until the apples are lightly browned and the sugar has caramelized. Let cool slightly before eating as the apples will be hot!



ENGLISH MUFFIN PIZZAS

Instead of English muffins, you could use bagel halves or pita bread halves. These will sate your child's hunger long enough for them to finish their homework.

DIFFICULTY: Easy | **PELLETS:** Oak | **SERVES:** 4
PREP TIME: 10 min. | **COOK TIME:** About 10 min.

THINGS YOU'LL NEED

- 4 English muffins, split
- 1/2 cup canned or jarred pizza sauce, or more as needed
- 4 turkey breakfast sausage links, sliced crosswise into rounds, or 24 slices of pepperoni
- 1-1/4 cups shredded mozzarella cheese
- 1 teaspoon dried basil or Italian seasoning (optional)

HOW TO MAKE

- 1 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2 Line a rimmed baking sheet with aluminum foil (clean-up will be easier) and arrange the muffin halves on the foil.
- 3 Put a little pizza sauce on each muffin half and spread around with the back of a teaspoon. Top each with a few of the sausage rounds or 3 slices of pepperoni. Sprinkle cheese and a pinch of basil on top.
- 4 Put the baking sheet on the grill grate. Bake the pizza muffins for about 10 minutes, or until the cheese is melted. Let cool slightly before eating.



BEEF JERKY

Who could've believed that meat dried to the texture of shoe leather could taste so good? Beware: Your children will expect this in their CARE packages when they are away at college.

DIFFICULTY: Medium | **PELLETS:** Hickory | **SERVES:** 4
PREP TIME: 20 min. + 24 hrs. for marinating the meat
COOK TIME: 3 to 4 hrs

THINGS YOU'LL NEED

- 1/2 cup soy sauce
- 1/4 cup each Worcestershire sauce and water
- 1 tablespoon Morton Tender Quick® curing salt (optional)
- 1 teaspoon black pepper
- 1/2 teaspoon each garlic powder and onion powder
- 2 pounds trimmed beef top or bottom round, sirloin tip, flank steak, or wild game

HOW TO MAKE

- 1 In a mixing bowl, combine the soy sauce, Worcestershire sauce, water, curing salt (if using), black pepper, garlic powder, and onion powder.
- 2 With a sharp knife, slice the beef into 1/4-inch thick slices against the grain. (This is easier if the meat is partially frozen.) Trim any fat or connective tissue. Put the beef slices in a large resealable plastic bag. Pour the marinade mixture over the beef, and massage the bag so that all the slices get coated with the marinade. Seal the bag and refrigerate for 24 hours.
- 3 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
- 4 Remove the beef from the marinade and discard the marinade. Dry the beef slices between paper towels. Arrange the meat in a single layer directly on the grill grate.
- 5 Smoke for 3 to 4 hours, turning occasionally, until the jerky is dry but still chewy and somewhat pliant when you bend a piece. Transfer to a clean resealable plastic bag while the jerky's still warm. Let the jerky rest for an hour at room temperature. Squeeze any air from the bag, and refrigerate the jerky. It will keep for several weeks. That is, if you can keep it away from the family! It's very addictive.



DEVILISH SMOKED EGGS

Deviled eggs, lightly smoked on the Traeger and filled with a creamy but otherworldly mixture of egg yolk and avocado are attention getters especially when outfitted with red bell pepper "horns". Like guacamole, the filling has a tendency to brown if exposed to air too long, so be sure to serve the eggs within a few hours of making them.

DIFFICULTY: Easy | **PELLETS:** Hickory | **SERVES:** 6
PREP TIME: 20 min. | **COOK TIME:** 20 to 25 min.

THINGS YOU'LL NEED

- 8 large eggs, preferably a few days old for easier peeling
- 1 ripe avocado, peeled, pitted, and cut into chunks
- 2 to 3 tablespoons of mayonnaise, or more as needed
- 1 tablespoon minced onion
- 1 tablespoon cilantro leaves (optional)
- 2 teaspoons lime juice, or more to taste
- Salt
- Hot sauce to taste
- Smoked paprika
- 1/2 red bell pepper
- Pitted ripe black olives

HOW TO MAKE

- 1 Put the eggs in a saucepan and cover by 1 inch with cold water. Bring to a boil over high heat. Remove from the heat, cover the pan, and let the eggs sit in the hot water for 10 minutes. Plunge into ice water, then peel.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
- 3 Arrange the hard-cooked eggs on the grill grate and smoke for 20 to 25 minutes, or until they are thinly filmed with smoke. They will look slightly brownish.
- 4 Cut each egg in half and put the yolks in a small food processor. Add the avocado, mayonnaise, onion, cilantro, if using, and the lime juice and process until the mixture is smooth. Add more mayonnaise if it seems dry. Add salt and hot sauce to taste.
- 5 Spoon the filling into the egg white halves, mounding slightly. Dust lightly with paprika. Cut small devil "horns" from the bell pepper and use black olives to make eyes and a mouth for each egg half. Serve at room temperature or slightly chilled.



HOMEMADE TORTILLA CHIPS W/GRILLED SALSA

Grilled salsa will spoil you for the jarred supermarket salsas. If your family appreciates a little heat, feel free to grill a jalapeno pepper alongside the tomatoes and bell pepper. Use a little, or a lot. Most of the heat is in the ribs and the seeds.

DIFFICULTY: Easy | **PELLETS:** Mesquite | **SERVES:** 4
PREP TIME: 15 min. | **COOK TIME:** 30 min.

THINGS YOU'LL NEED

- 6 medium-size ripe tomatoes, such as Roma, or another variety
- 1 red, orange, or yellow bell pepper
- 1/2 medium onion
- 2 cloves garlic
- 1 to 2 tablespoons vegetable oil
- 1/2 lime, juiced
- 1/4 cup fresh cilantro leaves
- 1/2 teaspoon cumin, or more to taste
- Salt
- 8 6-inch white or yellow corn tortillas
- Butter-flavored or olive oil nonstick cooking spray

HOW TO MAKE

- 1** Prepare the vegetables: Slice each tomato in half from top to bottom. Stem and core the bell pepper and slice into 3 or 4 pieces. Peel the onion and cut in half through the stem, but leave the stem intact.
- 2** Line a rimmed baking sheet with heavy duty foil for easier clean-up. Pour 1 to 2 tablespoons of oil on the foil. Arrange the tomato halves, cut sides up, on the foil. Put the pepper quarters skin-side down and lay the garlic cloves on top of one piece to keep the garlic from burning.
- 3** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

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- 4** Put the baking sheet with the vegetables directly on the grill grate and roast until the skin has split on the tomatoes and the skin on the peppers is blistered and brown in places, about 25 minutes. Reduce the temperature of the Traeger to 350 degrees F.
- 5** Let the vegetables cool. In the meantime, stack the tortillas and slice the stack into 6 wedges, making 48 chips. Arrange on a rimmed baking sheet. Spray the chips on both sides with the cooking spray. Salt both sides lightly. Bake the chips until crispy, 10 to 12 minutes.
- 6** **Make the salsa:** If desired, remove the skin from the tomatoes. Remove the blackened skin from the pepper quarters and slice the stem end off the onion quarters. Put the tomatoes, pepper, onion, and garlic cloves in a blender jar along with the lime juice, cilantro, cumin, and salt to taste. Blend until the mixture is relatively smooth, but slightly chunky. Serve with the chips.



CHEESE AND REFRIED BEAN QUESADILLAS

Quesadillas—the equivalent of a Mexican grilled cheese sandwich—have become one of America’s most popular fast foods. Adding refried beans ups the nutritional ante, but if your child isn’t a fan, leave them out. There are, of course, nearly infinite variations.

DIFFICULTY: Easy | **PELLETS:** Any
SERVES: 2, but can be scaled up as desired | **PREP TIME:** 5 min.
COOK TIME: 12 to 16 min.

THINGS YOU’LL NEED

- Vegetable oil
- 2 10-inch flour tortillas
- 1 cup canned refried black beans or pinto beans, warmed slightly
- 1 cup shredded Mexican 4-cheese blend, Cheddar, Monterey Jack, etc.
- Salt

HOW TO MAKE

- 1** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2** Pour a little vegetable oil on a rimmed baking sheet to barely coat. Lay the tortillas side by side in the oil. Press down gently to make sure the bottom sides of the tortillas are uniformly oiled.
- 3** Spread half of the refried beans on half of each tortilla. Top with the cheese—1/2 cup on each tortilla. Season lightly with salt. Add any optional toppings, then fold the bare side of the tortilla over the toppings.
- 4** With a wide spatula, transfer the quesadillas to the grill grate. Grill for 6 to 8 minutes, or until the underside is lightly browned and the cheese has melted. Carefully flip and continue to cook the other side until it is lightly browned, 6 to 8 minutes more.

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- 5** Use a pizza cutter or knife to cut each quesadilla into wedges. Serve with salsa, sour cream, or guacamole, if desired.

OPTIONAL TOPPINGS: Shredded chicken, pulled pork or beef, cooked sausage, sliced hot dogs, steak strips, diced ham, sauteed bell peppers, mushrooms or onions, baby spinach, sliced or diced tomatoes, sliced green onions, pickled jalapenos, etc. Salsa, sour cream, or guacamole for serving (optional).



HOMEMADE BEEF SALAMI

The number of additives listed on commercially produced cured meats can be alarming, and beef salami is no exception. By making your own homemade product, you have control over what goes into it... and what your family eats.

DIFFICULTY: Medium | **PELLETS:** Hickory | **SERVES:** 8 as a snack or appetizer | **PREP TIME:** 15 min. + 24 hrs. for curing and chilling the meat. | **COOK TIME:** 3-1/2 to 4 hrs.

THINGS YOU'LL NEED

- 2 pounds lean ground beef, such as ground round
- 1-1/2 tablespoons Morton® Tender Quick® curing salt
- 1-1/2 teaspoons table salt or your favorite Traeger Rub or Shake
- 1-1/2 teaspoons yellow mustard seeds
- 1-1/2 teaspoons freshly ground black pepper
- 1 teaspoon granulated garlic (do not substitute garlic salt)
- 1/2 teaspoon ground allspice

HOW TO MAKE

- 1 Put all the ingredients in a large mixing bowl and mix until thoroughly combined. It is especially important that the curing salt be evenly distributed. Divide into 4 equal portions and shape each into a roll about 1-1/2 inches in diameter. Roll each tightly in plastic wrap, twisting the ends, then refrigerate for 24 hours.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 200 degrees F and preheat, lid closed, for 10 to 15 minutes. (If you do not have a digital controller, set your Traeger on Smoke and smoke the salamis for 1 hour. Then change the setting to Medium and finish baking the salami until the internal temperature is 160 degrees F, another 60 minutes or so.)
- 3 Remove the plastic wrap from the rolls and place the rolls directly on the grill grate. Bake until the internal temperature is 160 degrees F, 3-1/2 to 4 hours. Let cool completely, then rewrap in plastic wrap or aluminum foil. Chill thoroughly before slicing or cutting into bite-size chunks. We think this tastes even better the next day.



MINI SAUSAGE ROLLS

Very popular with children in Australia and New Zealand, these savory sausage rolls resonate with American kids, too. The rolls make a satisfying after-school snack.

DIFFICULTY: Medium | **PELLETS:** Apple | **SERVES:** 6
PREP TIME: 20 min. | **COOK TIME:** 25 min.

THINGS YOU'LL NEED

- 1-1/2 pounds pork sausage with sage, or your favorite pork sausage
- One-half of one 17.5 ounce package frozen puff pastry, thawed
- 1 whole egg, beaten with 2 teaspoons of water
- 1/2 small onion, very finely chopped

HOW TO MAKE

- 1 In a medium mixing bowl, thoroughly combine the sausage and onion.
- 2 On a lightly floured work surface, roll the sheet of puff pastry into an 11 by 10-1/2 inch rectangle. Using a pizza cutter or knife, cut each rectangle widthwise into three strips, each 3-1/2 inches wide.
- 3 Wet your hands and mold a third of the sausage into a long tube-like shape. Lay it lengthwise down the center of one of the puff pastry strips. Wrap the pastry around the sausage and seal the seams with a bit of beaten egg. Put all the rolls seam side down on your work surface and brush the tops lightly with the egg. Cut the rolls into pieces about 1-1/2 inches long and transfer to a rimmed baking sheet lined with parchment paper. Leave about an inch between each roll.
- 4 Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 5 Bake the sausage rolls for about 25 minutes, or until the sausage is cooked through and the pastry is golden brown.



BEEF SLIDERS WITH SECRET SAUCE

These are the perfect size for small hands and appetites. If desired, add a bit of grated cheese to the top of each patty 5 to 7 minutes before taking the sliders off the grill.

DIFFICULTY: Easy | **PELLETS:** Mesquite | **MAKES:** 12 sliders
PREP TIME: 15 min. | **COOK TIME:** 25 min.

THINGS YOU'LL NEED

FOR THE SECRET SAUCE:

- 3/4 cup mayonnaise
- 1/4 cup Traeger Regular BBQ Sauce, or ketchup
- 2 tablespoons sweet pickle relish, or more to taste
- 1 tablespoon Worcestershire sauce

FOR THE SLIDERS:

- 1-1/2 pounds ground beef, preferably chuck, 15 to 20 per cent fat, chilled
- Salt and pepper
- Slider buns or small dinner rolls
- For serving (optional): Lettuce, pickles, sliced tomatoes or onions

HOW TO MAKE

- 1 Make the Secret Sauce:** In a small mixing bowl, combine the mayonnaise, barbecue sauce, pickle relish, and Worcestershire sauce and whisk to mix. Transfer to a serving bowl. Cover and refrigerate if not using immediately.
- 2 Form the sliders:** Wet your hands with cold water and divide the meat into 12 equal-size balls, each about 3 ounces. Flatten to form patties. Season both sides with salt and pepper.
- 3** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 4** Arrange the sliders directly on the grill grate and grill, turning once, for about 20 to 25 minutes, or until cooked through. (Insert the probe of a meat thermometer through the side toward the center: the temperature should be 160 degrees F.) Serve the sliders on mini burger buns with the Secret Sauce and the optional condiments, if desired.



MAIN EVENTS

MEATLOAF MUFFINS WITH MASHED POTATO “FROSTING”

Kids love culinary “sleight of hand” where familiar foods are transformed into something whimsical and fun. Even adults are charmed by these “frosted” meat muffins. Instead of a cherry tomato, you could top the muffins with jarred beef gravy or a pat of butter.

DIFFICULTY: Medium | **PELLETS:** Oak or Hickory

SERVES: 4 to 6 | **PREP TIME:** 15 min.

COOK TIME: About 45 min.

THINGS YOU’LL NEED

- Nonstick cooking spray
- 1/2 cup milk
- 1 egg
- 2 teaspoons Worcestershire sauce
- 1/4 cup ketchup or steak sauce
- 1-1/2 teaspoons your favorite Traeger Rub or Shake, or salt
- 1/2 teaspoon black pepper
- 1/2 cup dry seasoned bread crumbs
- 1 pound ground beef
- 1/2 pound ground pork or Italian sausage
- One 24-ounce package mashed potatoes, such as Bob Evans
- 12 cherry tomatoes for serving (optional)

HOW TO MAKE

- 1 Unless using a nonstick muffin tin, spray 12 muffin tin cups with cooking spray.
- 2 In a mixing bowl, combine the milk, egg, Worcestershire sauce, ketchup, rub, and pepper and whisk until blended. Stir in the bread crumbs and let the mixture sit for 5 to 10 minutes to soften the bread crumbs. In another mixing bowl, combine the beef and ground pork. Pour the bread crumb mixture over the meat and mix thoroughly with your hands.
- 3 Divide the meat into 12 equal-sized portions and press firmly into the wells of a muffin tin.

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4 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.

5 Put the muffin tin directly on the grill grate and bake the meatloaf muffins for 25 to 30 minutes. Using a spoon or a decorating bag—a resealable plastic bag with a corner cut off works fine—“frost” the tops of the meatloaf muffins with the mashed potatoes. Return the muffin tin to the grill grate and continue to cook for 10 to 15 minutes more. The internal temperature of the meat should be 160 degrees. Top with a cherry tomato, if desired.

FLANK STEAK TERIYAKI

Homemade teriyaki sauce is so easy to make, we wonder why people buy commercial versions. Try it on chicken, pork tenderloin, or even Portobello mushrooms. Serve with steamed rice and vegetables or a salad.

DIFFICULTY: Easy | **PELLETS:** Cherry | **SERVES:** 4 to 6
PREP TIME: 10 min. + at least 4 hr. for marinating the meat
COOK TIME: 14 to 18 min.

THINGS YOU'LL NEED

- 1/2 cup soy sauce, preferably lower sodium
- 1/4 cup water
- 2 tablespoons rice vinegar
- 3 tablespoons honey
- 1 tablespoon brown sugar
- 1 tablespoon toasted (Asian) sesame oil or vegetable oil
- 2 cloves garlic, smashed with the side of a knife
- 4 1/4-inch slices fresh ginger, smashed with the side of a knife
- 1-1/2 pounds flank steak
- Toasted sesame seeds, for serving (optional)
- Thinly sliced green onions, for serving (optional)

HOW TO MAKE

- 1** Make the teriyaki sauce: In a small saucepan over medium heat, combine the soy sauce, water, vinegar, honey, brown sugar, sesame oil, garlic, and ginger. Bring to a boil and reduce by one-quarter. Let cool.
- 2** Put the flank steak in a large resealable plastic bag and pour the teriyaki sauce over it. Refrigerate for at least 4 hours or overnight. Turn once or twice to make sure the meat marinates evenly.
- 3** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.

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- 4** Drain the flank steak, pat dry with paper towels, and discard the marinade. Grill the steak for 7 to 9 minutes per side, turning once with tongs, or until done to your liking. Note: Flank steak is best cooked to medium-rare, about 135 degrees F.
- 5** Transfer to a cutting board and let the meat rest for 3 minutes. Carve thinly against the grain on a sharp diagonal. Arrange on a platter or plates and scatter with sesame seeds and green onions, if desired.

BRISKET TACOS

If your family likes Tex-Mex food, this easy brisket is sure to become a favorite. You can even skip the tortilla shells: Simply slice and serve with the sauce. Rice makes a nice side dish.

DIFFICULTY: Easy | **PELLETS:** Mesquite | **SERVES:** 6

PREP TIME: 10 min. | **COOK TIME:** About 6-1/2 hr.

THINGS YOU'LL NEED

- 1 4-pound brisket, trimmed
- Flour tortillas, warmed, for serving
- 2 10-ounce cans green or red enchilada sauce
- Diced sweet onions, for serving

HOW TO MAKE

- 1 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).
- 2 Put the brisket directly on the grill grate, fat-side down. Smoke for 1-1/2 hours. Pour one can of enchilada sauce on the bottom of a roasting pan or baking dish. Using tongs, put the brisket fat-side up in the baking dish. Pour the remaining can of enchilada sauce over the brisket. Cover the pan tightly with foil.
- 3 Increase the temperature of the Traeger grill to 250 degrees F. Put the pan with the brisket on the grill grate. Braise for 4 to 5 hours. To check the doneness of the brisket, cover your hand with an oven mitt and very carefully lift a corner of the foil until you can see the center of the brisket. (Watch out for escaping steam as it will be very hot!) Insert a bamboo skewer or the tip of a paring knife into the meat: It should go in easily. If not, recover the brisket and continue to braise for another hour, or until the brisket is tender.
- 4 Transfer the pan with the brisket to a cooling rack and let rest for 30 minutes, leaving the foil on. Put the brisket on a cutting board and slice against the grain into 1/4-inch slices. Arrange on a platter and spoon some of the sauce on top. Put the remaining sauce in a gravy boat or bowl. Serve the brisket with the tortillas, onions, and sauce.

BEEF TENDERLOIN KEBABS

Beef tenderloin is always a treat—succulent, tender, and easy to prepare. Brushing it with melted butter before serving is a trick we've borrowed from steakhouses.

DIFFICULTY: Easy | **PELLETS:** Any | **SERVES:** 4

PREP TIME: 15 min. + at least 2 hr. for marinating the meat

COOK TIME: About 12 min.

THINGS YOU'LL NEED

- 1/2 cup olive oil or vegetable oil
- 1/2 teaspoon freshly ground black pepper
- Juice of 1 lemon
- 1/2 teaspoon dried thyme
- 1 to 2 cloves garlic, finely minced
- 1-1/2 pounds beef tenderloin, trimmed and cut into 1-1/2-inch cubes
- 2 teaspoons Worcestershire sauce
- 2 teaspoons Dijon-style mustard
- 6 tablespoons butter, melted
- 1/2 teaspoon salt

HOW TO MAKE

- 1 Make the marinade: In a jar with a tight-fitting lid, combine the oil, lemon juice, garlic, Worcestershire sauce, mustard, salt, pepper, and thyme. Shake vigorously.
- 2 Put the meat cubes in a resealable plastic bag. Pour the marinade over them and massage the bag to make sure all the meat is coated. Refrigerate for 2 to 4 hours.
- 3 Drain the meat and pat dry with paper towels; discard the marinade. Thread the meat on bamboo skewers, about 5 pieces per skewer.
- 4 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F (or High) and preheat, lid closed, for 10 to 15 minutes.
- 5 Grill the tenderloin approximately 3 minutes per side, or until done to your liking. Brush with melted butter before serving.

CHEESEBURGER DOGS

If your child loves hot dogs AND hamburgers, you can't go wrong with this hybrid. They are big, though, so a half sandwich might be enough for one kid-sized serving.

DIFFICULTY: Medium | **PELLETS:** Any | **SERVES:** 4
PREP TIME: 15 min. | **COOK TIME:** About 20 to 25 min.

THINGS YOU'LL NEED

- 1-1/2 pounds lean ground beef
- 8 slices American cheese, or your favorite melting cheese
- 4 good-quality, precooked beef hot dogs
- Traeger Prime Rib Rub, or garlic salt and pepper
- 4 sub rolls, sliced lengthwise, and lightly buttered if toasting
- Condiments such as ketchup, mustard, pickle relish, chili, etc.

HOW TO MAKE

- 1 Divide the ground beef into 4 equal portions. Between sheets of plastic wrap, roll or pat each portion into a rectangle about 1/3 inch thick. Lay 2 pieces of cheese in the center of the rectangle, leaving a hamburger border around them. Lay a hot dog on top of the cheese.
- 2 Using the plastic wrap as an aid, roll the hamburger meat, cheese, and hot dog into a tight cylinder. Be sure to seal the side and end seams so the cheese doesn't leak out.
- 3 Season lightly on all sides with Traeger Prime Rib Rub.
- 4 Repeat with the remaining ingredients.
- 5 Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 6 Arrange the cheeseburger dogs directly on the grill grate and grill, turning once or twice, until cooked through. If desired, toast the sub rolls, cut sides down, the last 5 minutes of grilling. Serve the cheeseburger dogs on the sub rolls with the condiments of choice.



PORK TENDERLOIN WITH APPLE JELLY GLAZE

If you really like the taste of cinnamon, melt a few red cinnamon candies with the jelly!

DIFFICULTY: Medium | **PELLETS:** Apple | **SERVES:** 4
PREP TIME: 10 min. | **COOK TIME:** About 30 min.

THINGS YOU'LL NEED

- Salt and freshly ground black pepper
- 1/2 cup apple jelly
- 1 tablespoon butter
- 1 tablespoon Dijon-style mustard or yellow mustard
- 1-1/2 teaspoons apple cider vinegar
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon ground cinnamon
- 2 pork tenderloins, each about 3/4 pound (1-1/2 pounds total), trimmed of excess fat and silverskin

HOW TO MAKE

- 1 Make the glaze: Melt the apple jelly in a small saucepan on the stovetop over low heat or in a microwave-safe container in the microwave. Add the butter and stir until it melts. Whisk in the mustard, vinegar, Worcestershire sauce, and cinnamon. Set aside.
- 2 Season the tenderloins on all sides with salt and pepper.
- 3 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 4 Arrange the pork tenderloins directly on the grill grate and grill, turning once, for 20 minutes. With a basting brush, coat each tenderloin with the glaze. Roast for 10 minutes more, or until the internal temperature of the pork is at least 145 degrees F. (The pork will still be slightly pink in the center at that temperature. If you prefer your pork to be well-done, roast it to an internal temperature of 160 degrees F.)
- 5 Transfer the pork to a cutting board and apply another coat of the glaze. Let rest for 3 minutes, then cut into 3/4-inch slices for serving.



CHEESY LASAGNA ROLL-UPS

Not only is this recipe easier to make than conventional lasagna recipes, it is easier to serve individual portions. For a lighter, gluten-free version of this dish, slice 3 or 4 large eggplants lengthwise into 1/4-inch slices and grill them briefly on your Traeger to soften. Substitute them for the noodles.

DIFFICULTY: Medium | **PELLETS:** Any | **MAKES:** 12 roll-ups

PREP TIME: 30 min. | **COOK TIME:** 35 to 40 min.

THINGS YOU'LL NEED

- 12 lasagna noodles, uncooked
- 1-15 ounce container ricotta cheese
- 1 whole egg plus 1 egg yolk, lightly beaten
- 1-1/2 teaspoons dried Italian seasoning
- 3 cups shredded mozzarella cheese, divided use
- 1/2 cup grated Parmesan cheese
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon grated nutmeg
- 1 26- to 28-ounce jar spaghetti sauce, your favorite brand
- Minced parsley for garnish (optional)

HOW TO MAKE

- 1 Cook the lasagna noodles according to the package directions.
- 2 While they cook, put the ricotta, egg and egg yolk, dried herbs, 2 cups of mozzarella, the Parmesan, salt, pepper, and nutmeg in a large mixing bowl and stir well to combine. Alternatively, use an electric mixer.
- 3 Cover your work surface with plastic wrap and lay the cooked noodles side-by-side in a single layer. Do not let them sit in the colander after draining or they will stick together.
- 4 Thinly cover the bottom of a 9- by 13-inch baking dish with spaghetti sauce.

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5 Spread each noodle evenly with some of the cheese mixture. Roll up, and arrange seam-side down in the baking pan until it is filled. Pour the remainder of the spaghetti sauce evenly over the roll-ups. Sprinkle with the remaining cup of mozzarella cheese.

6 Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.

7 Put the baking dish on the grill grate and bake the roll-ups for 35 to 40 minutes. Let cool slightly before serving. Garnish with minced parsley, if desired.

CHINESE-STYLE PORK RIBS

Popular as an appetizer at Chinese restaurants, these ribs can be duplicated on a Traeger. You will need some special ingredients—hoisin sauce, rice vinegar, sesame oil, and five-spice powder—but most of these are available in the ethnic section of larger supermarkets.

DIFFICULTY: Hard | **PELLETS:** Cherry or Apple
SERVES: 3 to 4. | **PREP TIME:** 10 min. + at least 4 hr. for marinating the meat | **COOK TIME:** 2-1/2 to 3 hr.

THINGS YOU'LL NEED

- 1/2 cup hoisin sauce
- 1/4 cup soy sauce
- 1/4 cup apple or pineapple juice
- 2 tablespoons ketchup
- 2 tablespoons honey
- 1 tablespoon rice vinegar or apple cider vinegar
- 1 tablespoon Asian sesame oil
- 2 teaspoons Chinese five-spice powder
- 2 cloves garlic, peeled and smashed
- 1 1-1/2 inch piece of fresh ginger sliced into rounds
- 2 full racks of baby back ribs
- 2 scallions (green onions), trimmed and thinly sliced (optional)

HOW TO MAKE

- 1** Make the marinade: In a medium bowl combine the hoisin sauce, soy sauce, apple juice, ketchup, honey, vinegar, sesame oil, Chinese five-spice, garlic, and ginger and stir to mix.
- 2** Put the ribs in a large resealable plastic bag and pour the marinade over them. Seal the bag, put the bag in a baking pan (in case the bag leaks), and refrigerate for 4 to 6 hours, or overnight.
- 3** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 300 degrees F and preheat, lid closed, for 10 to 15 minutes.

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- 4** Remove the ribs from the marinade and put the marinade in a small saucepan. Put a wire rack inside a baking pan. Pour 1/2-inch of water in the bottom of the baking pan. Lay the ribs bone-side down on the wire rack, making sure the ribs don't touch the water.
- 5** Cook the ribs for 1-1/2 hours. In the meantime, bring the marinade to a boil over medium-high heat on the stovetop and boil for 5 minutes. Let cool.
- 6** Brush the marinade on both sides of the ribs—use tongs to turn them—and continue to cook for 30 minutes more. Repeat until the ribs are tender and glazed. When the ribs are done, transfer them with tongs to a cutting board, meaty side down, and cut into individual ribs. Sprinkle sliced scallions on the ribs before serving, if desired.

B.L.A.T. SANDWICH

Slices of avocado make a standard BLT (“bacon, lettuce, and tomato”) extra special.

DIFFICULTY: Easy | **PELLETS:** Hickory | **SERVES:** 2
PREP TIME: 10 min. | **COOK TIME:** 20 to 25 min.

THINGS YOU’LL NEED

- 10 slices thin-cut bacon
- 4 slices sandwich bread, toasted
- 4 tablespoons mayonnaise
- 4 lettuce leaves
- 1 ripe avocado, pitted, peeled, and sliced
- 4 thin slices ripe tomato

HOW TO MAKE

- 1 Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2 Lay the bacon slices on the grill grate; to prevent the slices from falling through, make sure the bacon slices are perpendicular to the grill grate—meaning they run in opposite directions. Grill for 20 to 25 minutes, or until golden brown. Using tongs, transfer the bacon to paper towels.
- 3 For each sandwich, spread two slices of toast on one side with mayonnaise and top each with a lettuce leaf. Put two tomato slices on one piece followed by half the avocado slices. Top with five strips of bacon, then cover with the other piece of lettuce-topped toast. Carefully slice in half with a serrated knife. Put the sandwich on a plate and serve.

LOVE ME TENDER CHICKEN AND LETTUCE WRAPS

Kids in general enjoy having some control over their plates, and appreciate being able to assemble their own healthy wrap. If you can’t find chicken tenders—that is, the flap underneath the breast at your market, substitute three boneless, skinless chicken breasts and slice them lengthwise into 1-inch strips.

DIFFICULTY: Easy | **PELLETS:** Apple or Cherry | **SERVES:** 4
PREP TIME: 15 min. | **COOK TIME:** 15 to 20 min.

THINGS YOU’LL NEED

- 1 red bell pepper, seeded and sliced into strips
- 2 stalks celery, diced or sliced thinly on a diagonal
- 2 carrots, coarsely shredded
- Leaves from 1 large head of Boston or leaf lettuce
- Salt and freshly ground black pepper
- Sprigs of fresh cilantro or Thai basil (optional)
- 1 cup prepared Asian-style salad dressing
- 1/2 cup dry-roasted, salted peanuts, coarsely chopped
- 1-1/4 pounds chicken tenders, tendon removed from each

HOW TO MAKE

- 1 Arrange the bell pepper, celery, carrots, lettuce leaves, and cilantro, if using, on a plate or platter. Put the salad dressing in a small cruet and put the peanuts in a bowl. Leave room on the platter for the chicken.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Season the chicken with salt and pepper. Arrange the chicken on the grill grate and cook for 15 to 20 minutes, or until the chicken is no longer pink inside. Transfer to a cutting board and let rest for 2 minutes. Chop into bite-size pieces and add to the platter with the vegetables. To eat, pile chicken on a lettuce leaf and top with bell pepper, celery, and/or cilantro. Put a spoonful of dressing on top and sprinkle with peanuts. Roll up like a burrito.

RANCH DRUMSTICKS

Use any leftovers in school lunches. You can also pack individual servings of ranch dressing—most grocery stores sell them—for dipping.

DIFFICULTY: Easy | **PELLETS:** Hickory | **SERVES:** 4 to 6
PREP TIME: 5 min. + at least 1 hr. for marinating the chicken
COOK TIME: 45 to 50 min.

THINGS YOU'LL NEED

- 12 chicken drumsticks (about 3 pounds)
- 1-1/2 cups bottled ranch-style dressing

HOW TO MAKE

- 1 Wash the chicken legs/drumsticks under cold running water and pat dry with paper towels.
- 2 Put the chicken legs in a large resealable plastic bag. Pour the ranch dressing over the chicken legs and massage the bag to coat each one. Seal the bag and refrigerate the chicken for at least 1 hour, and up to 4.
- 3 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 4 Drain the chicken legs and discard the bag and any remaining ranch dressing. Arrange the chicken legs directly on the grill grate and grill for 30 minutes. Using tongs, turn the legs over and continue to grill for 15 to 20 minutes more, or until the legs are cooked through (the internal temperature in the meatiest part of the leg should be 165 degrees F) and the skin is golden brown. Transfer to a serving platter.



ROAST CHICKEN

Better than any rotisserie chicken you'll buy at the supermarket! Roast two, while you're at it, so you'll have an extra for sandwiches, enchiladas, salads, etc.

DIFFICULTY: Easy | **PELLETS:** Any | **SERVES:** 3 to 4
PREP TIME: 10 min. | **COOK TIME:** 60 to 70 min.

THINGS YOU'LL NEED

- 1 chicken, 3-1/2 to 4 pounds, giblets removed
- Salt and freshly ground pepper to taste
- 4 tablespoons butter, melted

HOW TO MAKE

- 1 Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2 Line a rimmed baking sheet with aluminum foil and put a roasting rack in it.
- 3 Wash the chicken, inside and out, with cold running water. Dry thoroughly with paper towels.
- 4 Put the chicken on the roasting rack. Tuck the wings behind the back and tie the legs together with butcher's string. Rub the outside of the chicken with the melted butter. Generously season the bird with salt and pepper.
- 5 Put the baking sheet with the chicken on it on the grill grate and roast for 60 to 70 minutes, or until the skin is golden brown and crispy and the internal temperature in the thickest part of a thigh is 165 degrees F. Let rest for 5 minutes before carving and serving.



TRAEGERED TURKEY TENDERLOINS

Low-fat, convenient, and extremely versatile, turkey tenderloins are perfect for a weeknight supper. You can also cut them into chunks before marinating and skewer them for kebabs. Accompany with couscous and a salad of fruit or greens.

DIFFICULTY: Easy | **PELLETS:** Maple or Apple | **SERVES:** 4
PREP TIME: 10 min. + 1 hr. for marinating
COOK TIME: About 20 min.

THINGS YOU'LL NEED

- 2 turkey tenderloins, each about 3/4 pound
- 1 cup prepared honey-balsamic vinaigrette or your favorite vinaigrette

HOW TO MAKE

- 1 Put the tenderloins into a resealable plastic bag and pour the vinaigrette over them. Refrigerate for 1 to 2 hours.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Remove the tenderloins from the vinaigrette and drain well; discard vinaigrette. Arrange the tenderloins directly on the grill grate and grill, turning once or twice, until the internal temperature is 160 degrees F, about 20 minutes. Let rest for 2 to 3 minutes before slicing and serving.



CONFETTI FISH TACOS

Here's a healthier alternative to beef tacos. A colorful array of diced bell peppers give these tacos their name. If desired, substitute peeled shrimp for the cod. Grill in a grill basket for 6 to 8 minutes, or until the shrimp turn pink and opaque.

DIFFICULTY: Easy | **PELLETS:** Alder or Oak | **SERVES:** 4
PREP TIME: 20 min. + 1 hour for marinating the fish
COOK TIME: 15 to 20 min.

THINGS YOU'LL NEED

- Juice of 1 lime
- 1 tablespoon taco seasoning mix
- 1/4 cup vegetable oil
- 1/2 teaspoon freshly ground black pepper
- 1 pound firm, flaky white fish such as cod, monkfish, or halibut (skinless)
- 8 white or yellow corn tortillas
- Any or all for serving: Shredded cabbage, finely diced red, orange, yellow, or green bell pepper, finely diced red onions, cilantro leaves, cubed avocado, salsa, bottled ranch dressing or sour cream, lime wedges

HOW TO MAKE

- 1 Make the marinade: In a small mixing bowl, combine the lime juice, taco seasoning, and pepper. Slowly whisk in the oil. Place the fish in a resealable plastic bag, pour the marinade over it, and refrigerate for 1 hour.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F (High on a 3-position controller) and preheat, lid closed, for 10 to 15 minutes.
- 3 Remove the fish from the marinade and gently dry with paper towels.
- 4 Arrange the fish on the grill grate and grill until the fish is opaque and flakes easily when pressed with a fork, about 15 to 20 minutes. (There is no need to turn it.) Remove to a cutting board and cut or flake into bite-size chunks. Meanwhile, warm the tortillas on the Traeger until pliant.
- 5 Arrange the fish, tortillas, and suggested accompaniments on a large platter. Garnish with lime wedges. Serve immediately.



FISH STICKS WITH SOUTHWESTERN DIPPING SAUCE

These are a far cry from the frozen, overprocessed fish sticks of our youth. And we daresay the dipping sauce leaves plain ketchup in the dust. Find panko bread crumbs in the bread aisle of your supermarket or in the ethnic section. Or substitute any brand of dry bread crumbs, or make your own.

DIFFICULTY: Easy | **PELLETS:** Alder | **SERVES:** 4 to 6
PREP TIME: 15 min. | **COOK TIME:** About 20 min.

THINGS YOU'LL NEED

- Nonstick cooking spray
- 1-1/2 pounds tilapia or other firm skinless white fish
- 1 large egg
- 2 cups panko (Japanese breadcrumbs) or other dry bread crumbs
- 1 tablespoon Traeger Salmon Shake or Old Bay Seasoning
- 2 tablespoons butter, melted
- 1 cup prepared ranch dressing
- 1/4 cup taco sauce or salsa

HOW TO MAKE

- 1** Cover a rimmed baking sheet with foil and top with a wire cooling rack. Spray the rack with nonstick cooking spray. Set aside.
- 2** Rinse the fish under cold running water and pat dry with paper towels. Slice into strips about 1-1/2 inch wide and 2-1/2 to 3 inches long.
- 3** In a shallow bowl, beat the egg with 1 tablespoon of water.
- 4** In another shallow bowl, combine the panko, Traeger Salmon Shake, and melted butter and stir to mix well.
- 5** Make the dipping sauce: Combine the ranch dressing and taco sauce in a small mixing bowl and set aside until serving time.

Continued on next page

- 6** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F (High on a 3-position controller) and preheat, lid closed, for 10 to 15 minutes.
- 7** Meanwhile, dip the fish strips in the egg wash, letting the excess drip off. Then dredge each strip in the panko mixture to coat. Arrange in a single layer on the cooling rack and put the baking sheet on the grill grate. Bake until the panko coating is golden brown and the fish flakes easily when pressed with a fork, about 15 to 20 minutes.
- 8** Transfer to a platter or plates and serve with the dipping sauce.

GRILLED SHRIMP SKEWERS WITH YUM YUM SAUCE

We know a child who will only eat shrimp at Japanese steakhouses, and only with the pale orange-tinted sauce known as shrimp sauce or “yum yum” sauce. Be sure to use Hellmann’s mayonnaise for this recipe, a brand known as “Best’s” west of the Rockies.

DIFFICULTY: Easy | **PELLETS:** Cherry | **SERVES:** 4
PREP TIME: 10 min. | **COOK TIME:** About 8 min.

THINGS YOU’LL NEED

- 1-1/4 cup Hellmann’s mayonnaise
- 1/4 cup water
- 1 tablespoon melted butter
- 1 teaspoon tomato paste
- 1 teaspoon sugar
- 1/2 teaspoon garlic salt
- Hot sauce to taste
- A few drops of fresh lemon juice
- 1-1/2 pounds shrimp, peeled and deveined, thawed if frozen
- 1-1/2 tablespoons vegetable oil
- Traeger Salmon Shake, or salt and pepper
- Lemon wedges for serving

HOW TO MAKE

- 1 Make the Yum Yum Sauce:** In a mixing bowl, whisk together the mayonnaise, water, butter, tomato paste, sugar, and garlic salt. Stir in hot sauce and lemon juice to taste. Cover and refrigerate, preferably overnight to allow the flavors to blend.
- 2** Rinse the shrimp under cold running water and pat dry on paper towels. Transfer to a mixing bowl and toss with the vegetable oil to coat. Season to taste with Traeger Salmon Shake. Thread the shrimp on bamboo skewers.
- 3** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to High and preheat, lid closed, for 10 to 15 minutes.
- 4** Arrange the skewers directly on the grill grate and grill, turning once, until the shrimp are pink and opaque, about 3 to 4 minutes per side, depending on their size. Serve hot with the Yum Yum sauce and fresh lemon wedges.

SIMPLE ROAST TURKEY

The hardest thing about roasting a turkey is transferring it to a cutting board or platter once it’s finished. A long-handled wooden spoon or sturdy wooden dowel can be inserted through the main and neck cavities, giving you convenient handles on both ends.

DIFFICULTY: Medium | **PELLETS:** Maple, Apple, or Pecan
SERVES: 8 | **PREP TIME:** 10 min. | **COOK TIME:** 3 to 4 hr.

THINGS YOU’LL NEED

- 1 turkey, 12 to 14 pounds, thawed if previously frozen
- 8 tablespoons (1 stick) butter, at room temperature
- Traeger Pork and Poultry Shake, or salt and pepper
- 2 cups chicken or turkey broth from a box or can

HOW TO MAKE

- 1** Remove any giblets from the turkey and save for another use, if desired. Wash the turkey, inside and out, under cold running water. Dry with paper towels. Place the turkey on a roasting rack in a sturdy roasting pan.
- 2** Using your hands, rub the outside of the turkey with the butter. Season the turkey with the Traeger Pork and Poultry Shake. Pour the chicken broth in the bottom of the roasting pan.
- 3** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes. (If you only have Smoke, Medium, and High settings on your Traeger, start the turkey on High for 1 hour, then reduce the temperature to Medium to finish cooking.)
- 4** Put the roasting pan with the turkey directly on the grill grate. Roast the turkey for 3 hours. Insert the probe from the meat thermometer in the thickest part of the thigh, but not touching bone: You’re looking for a temperature of 165 degrees F. The turkey should also be beautifully browned with crisp skin. If the internal temperature is less than 165 degrees F, or if your turkey is not browned to your liking, let it roast for another 30 minutes, then check the temperature again. Repeat until the turkey is fully cooked.
- 5** When the turkey is done, let it rest for 20 to 30 minutes before carving and serving.



SIDE DISHES

EASY MEXI MAC'N CHEESE

Creamy and rich, this recipe is nearly as easy as boxed mac 'n cheese, but much, much better! Leftovers reheat beautifully in the microwave.

DIFFICULTY: Medium | **PELLETS:** Hickory | **SERVES:** 4 to 6
PREP TIME: 15 min. | **COOK TIME:** 35 to 40 min.

THINGS YOU'LL NEED

- Nonstick cooking spray
- 2-1/2 cups half and half
- 1 cup finely crushed tortilla chips
- 1 pound (16 ounces) Mexican-style Velveeta®, cut into 1/2-inch cubes
- 3 tablespoons butter, melted
- 2 cups uncooked macaroni

HOW TO MAKE

- 1 Spray the inside of a 2-quart casserole dish or baking dish with nonstick cooking spray and set aside.
- 2 Pour the melted butter over the tortilla chips and stir to coat the chips. Set aside.
- 3 Cook the macaroni according to the package directions in a pot of salted water until just barely tender. (Subtract 1 or 2 minutes from the recommended cooking time. The macaroni will continue to cook on the Traeger.) Drain the macaroni in a colander. Return the pot to the stove and add the half and half. Heat over medium-low heat. Gradually add the cubed cheese, stirring until it melts completely, about 5 minutes. Add the drained macaroni back to the pot and stir gently until the macaroni is coated with the cheese sauce and no clumps remain. Tip the macaroni and cheese into the prepared casserole dish. Sprinkle the buttered tortilla chips evenly on top.
- 4 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 5 Put the casserole dish directly on the grill grate and bake for 35 to 40 minutes, or until the cheese sauce is bubbling and the tortilla chip topping is golden brown. Let cool slightly before serving.

ASPARAGUS IN A BLANKET

Kids always enjoy wordplay, and might take a second look at asparagus if it's given a whimsical name! You can substitute thinly sliced deli-style ham for the bacon.

DIFFICULTY: Easy | **PELLETS:** Any | **SERVES:** 4 as a side dish or appetizer | **PREP TIME:** 15 min. | **COOK TIME:** 15 to 20 min.

THINGS YOU'LL NEED

- 1 pound fresh asparagus spears
- 6 to 8 slices thin-cut bacon, each cut in half crosswise
- Salt and pepper

HOW TO MAKE

- 1 Snap the tough ends off the asparagus.
- 2 Put the bacon between two pieces of plastic wrap or wax paper and roll with a rolling pin. This thins the bacon slices and helps them adhere better to the asparagus spears.
- 3 Starting an inch from the tip of each spear, spiral the bacon snugly around the asparagus spear. If using ham, you may need to secure it with a toothpick.
- 4 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 5 Arrange the bacon-wrapped asparagus spears directly on the grill grate, perpendicular to the grill grate bars. Otherwise, they might fall through. Grill, turning 2 to 3 times, until the bacon is crisp and the asparagus is tender-crisp, 15 to 20 minutes. Season with salt and pepper before serving.



BROCCOLI "TREES" WITH PEANUT SAUCE

Here's a way to get your kids to eat their broccoli. Or chop the broccoli after grilling and toss with cooked linguini or udon noodles and the peanut sauce and serve cold. The sauce is also good over grilled tofu.

DIFFICULTY: Easy | **PELLETS:** Any | **SERVES:** 4
PREP TIME: 15 min. | **COOK TIME:** About 20 min.

THINGS YOU'LL NEED

FOR THE BROCCOLI:

- 1-1/2 pounds broccoli
- 2 tablespoons olive or vegetable oil
- Salt and pepper

FOR THE PEANUT SAUCE:

- 1/2 cup smooth peanut butter
- 1/3 cup chicken or vegetable broth, brewed tea, or water

- 1/4 cup soy sauce
- 1 to 2 tablespoons rice wine vinegar or red wine vinegar
- 1 tablespoon Asian sesame oil
- 2 tablespoons peeled, minced fresh ginger
- 1 clove garlic, coarsely chopped
- 1 tablespoon honey or sugar, or to taste

HOW TO MAKE

- 1 With a paring knife, trim the thick stems off the broccoli. (There's no need to throw the stems away. Peel the tough outer skin off, then slice the stem into "coins" and use in a salad or stir-fry.) Separate the broccoli crowns into "trees".
- 2 Drizzle the olive oil on a rimmed baking sheet and arrange the broccoli on it. Season with salt and pepper.
- 3 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 4 Roast the broccoli for 20 minutes, or until it's tender-crisp, turning once with tongs half-way through the cooking time. Arrange on a platter or plates.
- 5 Meanwhile, combine all the sauce ingredients in a blender and blend until smooth. Taste for seasoning, adding more vinegar or honey as needed for balance. Serve in individual bowls for dipping.



ROASTED CARROTS WITH APRICOT GLAZE

If you can find them at your local market, buy the pretty and colorful “rainbow” carrots which come in yellow, maroon, pink, and of course, orange.

DIFFICULTY: Easy | **PELLETS:** Apple or Cherry | **SERVES:** 4
PREP TIME: 15 min. | **COOK TIME:** 25 to 30 min.

THINGS YOU'LL NEED

- 12 medium to large carrots
- 2 tablespoon olive oil or vegetable oil
- Salt and pepper
- 3 tablespoons butter
- 1/2 cup apricot nectar
- 2 tablespoons brown sugar
- 3 tablespoons Traeger Apricot Barbecue Sauce or orange or apricot marmalade

HOW TO MAKE

- 1 Peel and trim the carrots and slice into 1-1/2 inch lengths on a sharp diagonal. Cut any large chunks in half lengthwise so the carrot pieces are roughly the same size. Put the carrots in a large bowl and toss with the olive oil and salt and pepper to taste. Tip the carrots onto a good-quality rimmed baking sheet.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Put the baking sheet with the carrots directly on the grill grate and roast the carrots until they're just tender and slightly browned, 25 to 30 minutes, turning them with a spatula half-way through the roasting time.
- 4 In the meantime, make the glaze: Melt the butter in a small saucepan. Add the apricot nectar and bring to a boil until the liquid is reduced slightly. Add the brown sugar and continue to cook for 3 minutes, or until the sugar has melted. Stir in the Traeger Apricot Barbecue Sauce and keep warm.
- 5 Pour the glaze over the carrots and toss to coat. Transfer to a serving bowl.

GRILLED SWEET CORN

Buy the freshest corn you can find, preferably from a farmstand. The stem end should be oozing corn sap, or at the very least, not seem dried out. Once picked, the sugars in sweet corn begin converting to starch, which is why the old timers advised putting the water on to boil while you fetched the corn from the garden.

DIFFICULTY: Easy | **PELLETS:** Any | **SERVES:** 4 to 6
PREP TIME: 10 min. | **COOK TIME:** 15 to 20 min.

THINGS YOU'LL NEED

- 8 ears fresh sweet corn in their husks
- Butter, for serving
- Traeger Veggie Shake, for serving, or salt and pepper

HOW TO MAKE

- 1 Shuck the sweet corn by pulling the green husks completely down over the stalk. Break them off at the base. Remove all the fine silk with your fingers or a damp paper towel.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Arrange the ears of corn directly on the grill grate. Grill for 15 to 20 minutes, turning several times with tongs, until some of the kernels are golden brown. (The corn will brown unevenly.) Serve immediately with butter and Traeger Veggie Shake.

SMASHED TATERS

One of the easiest side dishes you'll make on your Traeger! If you're inclined, smash the potatoes, season them with salt and pepper, and then return them to the grill for a few more minutes to crisp up, flipping once. Bacon bits and sour cream are optional toppings.

DIFFICULTY: Easy | **PELLETS:** Hickory | **SERVES:** 4 to 6
PREP TIME: 5 min. | **COOK TIME:** About 40 min.

THINGS YOU'LL NEED

- Melted butter
- 12 thin-skinned "new" potatoes, medium-sized
- Salt & freshly ground black pepper

HOW TO MAKE

- 1 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2 Scrub the potatoes under cold running water.
- 3 Arrange the potatoes directly on the grill grate and bake until tender, 35 to 40 minutes depending on their size.
- 4 Transfer the potatoes to a rimmed baking sheet. Using the bottom of a juice glass or other heavy object, gently crush each potato until it still holds together, but looks like it got run over by a fat-tired bike. Transfer to a platter or plates, drizzle with melted butter, and season to taste with salt and pepper.



SWEET POTATO FRIES

Salty, sweet, and nutritious, too! A great accompaniment to burgers.

DIFFICULTY: Easy | **PELLETS:** Pecan | **SERVES:** 4
PREP TIME: 10 min. | **COOK TIME:** About 30 min.

THINGS YOU'LL NEED

- 3 sweet potatoes
- 3 tablespoons vegetable oil
- 2 teaspoons cornstarch
- 1 tablespoon Traeger Pork and Poultry Shake, or your favorite rub, or more as needed

HOW TO MAKE

- 1 Put a wire cooling grid in a rimmed baking sheet and set aside.
- 2 Peel the potatoes with a vegetable peeler. Slice the ends off the potatoes, then cut the potatoes in half lengthwise. Lay each half cut side down and slice into wedges. (Or slice each potato into lengthwise slices, and cut each slice into fries that are about 1/2-inch per side.)
- 3 Put the fries into a large resealable plastic bag and add the oil. Make sure each fry gets coated with oil. Then add the Traeger Pork and Poultry Shake and the cornstarch and toss the potatoes until they're evenly coated. Arrange the fries in a single layer on the cooling grid.
- 4 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to High to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 5 Put the baking sheet with the fries directly on the grill grate and bake the fries until they are cooked through and nicely browned, 25 to 30 minutes, depending on their thickness.
- 6 Use a spatula to transfer the fries to a serving bowl or plate.



“SKEDDI” SQUASH WITH PASTA SAUCE

It’s obvious how this large winter squash came to be called “spaghetti” squash as its insides, when cooked, look just like pasta! Instead of tomato sauce, you can mix the cooked squash with melted butter and herbs, or give it sweetness by mixing it with brown sugar.

DIFFICULTY: Easy | **PELLETS:** Oak | **SERVES:** 4
PREP TIME: 10 min. | **COOK TIME:** 1 to 1-1/2 hr.

THINGS YOU’LL NEED

- 1 spaghetti squash, about 3 to 4 pounds
- One 15-ounce jar your favorite pasta sauce, warmed
- Salt and pepper to taste
- 1 cup grated Parmesan cheese

HOW TO MAKE

- 1 Put the squash in a baking dish and poke it in several places with the tip of a paring knife.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 375 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Bake the squash until it can be easily pierced with a knife, about 1 hour. Let the squash cool for 15 minutes, then slice the squash in half lengthwise with a large knife. With a spoon, remove the seeds and discard.
- 4 When the squash is cool enough to handle, use a table fork to scrape all the squash strands—they look like spaghetti—out of the squash shells. Put the strands in a large bowl and toss with the warm pasta sauce and Parmesan cheese. Season with salt and pepper. Serve immediately.

“BELLY BUTTON” KEBABS

According to lore, an innkeeper was so enthralled with the navel of the goddess Venus that he created a pasta shape to mimic it—we know it as tortellini. Maybe that’s too much information for the little ones...but they’ll giggle over the name of these super-simple kebabs.

DIFFICULTY: Easy | **PELLETS:** Oak | **SERVES:** 4 to 6
PREP TIME: 10 min. + time to boil pasta | **COOK TIME:** 6 to 8 min.

THINGS YOU’LL NEED

- One 12- to 16-ounce bag fresh or frozen cheese or meat tortellini
- Jarred marinara sauce or alfredo sauce, warmed, for dipping
- 1-1/2 tablespoons olive oil or vegetable oil
- 1 pint cherry tomatoes (optional)

HOW TO MAKE

- 1 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2 In the meantime, bring a large pot of salted water to a boil and cook the tortellini according to package directions. Drain well in a colander, then add the olive oil. Gently stir or toss to coat.
- 3 When the pasta is just cool enough to handle, thread the tortellini through the solid filled part on slender bamboo skewers, alternating, if desired, with cherry tomatoes.
- 4 Grill the skewers, turning once, until the tortellini are lightly marked on each side, 3 to 4 minutes per side. Serve with warm marinara sauce for dipping.

APPLES WITH SAUSAGE STUFFING

Dress up a weeknight meal of roast pork or chicken with these savory stuffed apples. Or put them on your “to do” list for Thanksgiving dinner!

DIFFICULTY: Easy | **PELLETS:** Apple | **SERVES:** 6
PREP TIME: 25 min. | **COOK TIME:** 40 to 45 min.

THINGS YOU'LL NEED

- 1 tablespoon fresh lemon juice or apple cider vinegar
- 1/2 pound bulk pork sausage, preferably sage- or maple-flavored
- 6 large, tart cooking apples, such as Granny Smith
- 3 cups prepared stuffing mix, such as Pepperidge Farm or Stovetop
- 1 cup apple cider
- 3 tablespoons butter cut into 6 pieces

HOW TO MAKE

- 1 Fill a large bowl or pot with cold water and add the lemon juice or vinegar.
- 2 Wash and dry the apples. Trim a 1/2-inch slice off the top of each apple. Carefully remove the core and flesh, and hollow out each apple—a melon baller makes the job easier—until a 1/2-inch shell remains. Do not punch through the walls of the fruit. Add to the acidulated water to prevent the apples from browning.
- 3 Dice the apple flesh, discarding the core and seeds.
- 4 In a large frying pan over medium heat, brown the sausage, breaking it up with a wooden spoon; drain the fat and discard. Add the chopped apple and the prepared stuffing and stir to combine.
- 5 Drain the apples. Fill each apple with the stuffing-sausage mixture, mounding slightly. Set the apples in the wells of a muffin tin—the larger muffin tin size works best—and top each apple with a pat of butter. (The muffin tin holds the apples upright, but you can also arrange them shoulder-to-shoulder in a snug baking dish.) Pour a little apple cider around the bottom of each apple to keep it moist as it roasts. Cover the entire pan with foil.

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- 6 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 7 Roast the apples for 40 to 45 minutes, or until the apples are tender. Remove the foil the last 10 minutes of cooking to slightly crisp the stuffing mixture.

GRILLED POUND CAKE WITH FRESH BERRIES

While you could certainly bake your own pound cake from scratch, we've discovered the Sara Lee® brand of frozen pound cake is firmer and holds up better to grilling. Make sure your grill grate is scrupulously clean before grilling the pound cake: You don't want it to taste like last night's salmon.

DIFFICULTY: Easy | **PELLETS:** Cherry or Apple | **SERVES:** 6
PREP TIME: 10 min | **COOK TIME:** 10 to 12 min.

THINGS YOU'LL NEED

- 6 cups mixed fresh berries, such as raspberries, blueberries, blackberries, sliced strawberries, etc.
- 1/4 cup granulated sugar
- 3 tablespoons orange juice
- 6 tablespoons butter, melted
- Six 3/4-inch slices pound cake, preferably Sara Lee®, thawed if frozen
- Powdered sugar, for serving
- Sweetened whipped cream, for serving (optional)
- Mint sprigs, for serving (optional)

HOW TO MAKE

- 1 Line a baking sheet with parchment paper or foil for easy clean-up.
- 2 In a large bowl, combine the berries, sugar, and orange juice. Stir gently with a rubber spatula. Set aside for 30 minutes to an hour.
- 3 Arrange the slices of pound cake on the prepared baking sheet. Using a pastry brush, brush melted butter on both sides of each slice.
- 4 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 5 Using a thin spatula, transfer the slices of pound cake directly to the grill grate and grill, turning once, until the cake is lightly toasted, 6 to 8 minutes per side. Return to the baking sheet and let cool slightly.
- 6 When ready to serve, transfer the grilled pound cake to plates. Put a little powdered sugar in a small sieve or sifter and lightly dust the pound cake. Stir the berries, then divide the berries and juice among the plates. Top with whipped cream and a sprig of mint, if desired.



SWEETS AND DESSERTS

SKILLET PEAR CRISP

Nearly any fruit with a core or a pit is a worthy candidate for this basic skillet crisp. Berries and rhubarb are good, too. We love it paired with cinnamon ice cream. If you can't find cinnamon ice cream at your market, whip ground cinnamon to taste into slightly softened vanilla ice cream with the paddle attachment of your stand mixer, then repack and refreeze the ice cream until serving time.

DIFFICULTY: Medium | **PELLETS:** Apple or Pecan | **SERVES:** 6 to 8
PREP TIME: 20 min. | **COOK TIME:** About 50 to 60 min.

THINGS YOU'LL NEED

FOR THE TOPPING:

- 1 cup all-purpose flour
- 2/3 cup firmly packed brown sugar
- 1/2 cup old-fashioned rolled oats
- 1/2 cup chopped walnuts, pecans, or slivered almonds
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 8 tablespoons (1 stick) butter, well-chilled, cut into small dice

FOR THE FRUIT:

- 5 to 6 large ripe pears, such as Bosc
- 1 tablespoon fresh lemon juice
- 2/3 cup granulated sugar
- 2 tablespoons all-purpose flour
- 2 teaspoons fresh lemon zest

HOW TO MAKE

- 1** When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2** Make the topping: In a large mixing bowl, stir together the flour, brown sugar, oats, walnuts, cinnamon, and salt. Using a pastry blender or your fingertips, work in the bits of butter until the mixture is crumbly and the butter is well-distributed. Set aside.

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- 3** **Prepare the fruit:** Peel and core the pears and dice. Add the pears to a large mixing bowl and toss them with the lemon juice. Add the sugar, flour, and fresh lemon zest, and mix gently with a rubber spatula. Tip into a well-seasoned 9- to 10-inch cast iron skillet or equivalent-sized baking dish, sprayed with nonstick cooking spray. **Note:** You can also divide the filling and topping between buttered individual ovenproof bowls or ramekins. Arrange them on a rimmed baking sheet and reduce the cooking time to 35 to 40 minutes.

- 4** Put the skillet directly on the grill grate and bake, rotating once halfway through the cooking time, until the fruit is tender and the crisp is bubbling and golden brown, about 50 minutes. Let cool slightly before serving; the cast iron will keep the dessert warm for quite some time.

ROASTED BANANA MUFFINS

Roasted bananas are wonderful on their own. You can serve them warm, right in their peels, with ice cream.

DIFFICULTY: Medium | **PELLETS:** Maple or Pecan
MAKES: 12 muffins | **PREP TIME:** 40 min. including time for roasting the bananas | **COOK TIME:** 20 to 25 min.

THINGS YOU'LL NEED

- 2 large ripe bananas, with speckled but not blackened peels
- 8 tablespoons butter (1 stick), melted, divided use
- 3 tablespoons brown sugar
- 2-1/2 cups self-rising flour
- 1-1/2 teaspoon baking powder
- 1/2 cup granulated sugar
- 2 large eggs
- 1/2 cup milk
- 1-1/2 teaspoons vanilla
- Dried banana chips (optional)

HOW TO MAKE

- 1 Line a 12-well muffin tin with cupcake liners.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Cut each banana in half lengthwise, but do not peel. Working over a sheet of heavy duty aluminum foil for easy clean-up, brush the cut sides of the bananas with 2 tablespoons of the melted butter. Sprinkle with the brown sugar. Arrange the bananas (still on the foil) on the grill grate and roast, cut sides up, for 15 to 20 minutes. Let cool, then peel. Leave the Traeger on.
- 4 In the meantime, sift the flour, baking powder, and granulated sugar into a large mixing bowl.

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- 5 In a second mixing bowl, combine the eggs, milk, vanilla, and the remaining 6 tablespoons of butter—make sure it's not too hot or it will curdle the eggs. Mash the bananas against the side of the bowl with a fork and incorporate. Make a well in the dry ingredients and add the egg and banana mixture; stir just until the pockets of dry ingredients disappear.

- 6 Fill the cupcake liners with batter and top with banana chips, if desired. Bake for about 20 to 25 minutes, or until a toothpick inserted in the center of a cupcake comes out clean. Remove the muffins from the muffin tin and cool on a cooling rack.

BLENDER PUMPKIN PIE

Versions of this crustless pumpkin pie have been appearing in community cookbooks throughout the U.S. for years...and no wonder: This is a fuss-free dessert. And if it takes you even 10 minutes to prep it, we'll be surprised.

DIFFICULTY: Easy | **PELLETS:** Maple | **SERVES:** 8
PREP TIME: 10 min. | **COOK TIME:** 50 to 55 min.

THINGS YOU'LL NEED

- Nonstick cooking spray
- One 12-ounce can evaporated milk (not sweetened condensed milk)
- One 15-ounce can pumpkin
- 2 large eggs
- 2 tablespoons melted butter
- 2 teaspoons vanilla
- 3/4 cup granulated sugar
- 1/2 cup biscuit mix such as Jiffy® or Bisquick®
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- Sweetened whipped cream or whipped topping, for serving (optional)

HOW TO MAKE

- 1 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 300 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 2 Spray a 9- to 10-inch pie plate with nonstick cooking spray.
- 3 Put the remaining ingredients—except the whipped topping—in a blender jar. Process on medium speed until the mixture is smooth. Pour into the prepared pie plate.
- 4 Bake the pie until a toothpick inserted in the center comes out clean, 50 to 55 minutes, rotating the pie plate halfway through the cooking time. Transfer to a wire cooling rack to cool. Serve with sweetened whipped cream, if desired.



DRIED FRUITS IN A POUCH

This dessert was inspired by one we used to make on backpacking trips. If you don't have parchment paper on hand, use foil.

DIFFICULTY: Easy | **PELLETS:** Apple or Cherry | **SERVES:** 4 to 6
PREP TIME: 10 min. + 4 hours for soaking the fruit
COOK TIME: 30 min.

THINGS YOU'LL NEED

- 3 cups dried fruit, such as apricots, apples, pears, figs, plums, cranberries, blueberries, raisins, peaches, etc.
- 1 cup apple cider or juice
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla
- 4 strips lemon or orange peel
- 1 cup shortbread, gingersnap, or sugar cookie crumbs, for serving
- Vanilla ice cream, for serving
- Mint sprigs, for serving (optional)

HOW TO MAKE

- 1 Tear off 4 large pieces of parchment paper.
- 2 Cut any large pieces of fruit into bite-size pieces.
- 3 Put the fruit in a mixing bowl. Combine the apple juice, brown sugar, cinnamon, and vanilla and stir until the sugar dissolves. Pour the cider mixture over the fruit and let steep until the fruit has plumped, at least 4 hours, stirring occasionally.
- 4 Divide the fruit between the 4 pieces of parchment paper, arranging the fruit in the middle of each. Top with a strip of lemon peel. Bring up the corners and tie off the pouches with butcher's string.
- 5 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 300 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 6 Roast the fruit pouches for about 30 minutes. Open them carefully—steam will escape—and tip into individual serving bowls. Serve warm. Top with cookie crumbs and ice cream. Garnish with a piece of mint, if desired.



OATMEAL-CRANBERRY CHEWS

Dried cherries, raisins, or other dried chopped fruit can replace cranberries in these scrumptious old-fashioned cookies. Air-cushioned baking sheets work best.

DIFFICULTY: Easy | **PELLETS:** Cherry or Apple

MAKES: About 36 cookies | **PREP TIME:** 20 min.

COOK TIME: 20 to 24 min.

THINGS YOU'LL NEED

- 1/2 cup (8 tablespoons) butter, softened
- 1/2 cup solid vegetable shortening, such as Crisco®
- 1 cup dark brown sugar
- 1/4 cup granulated sugar
- 2 large eggs
- 2 tablespoons honey or agave
- 2 teaspoons vanilla
- 2-1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup oatmeal (not instant)
- 1-1/4 cups dried cranberries, such as Craisins®
- 1/2 cup coarsely chopped walnuts (optional)

HOW TO MAKE

- 1** Line a cookie sheet—preferably air-cushioned—with parchment paper for easier clean-up.
- 2** Start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 300 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3** Using a stand mixer or hand mixer, cream the butter, shortening, brown sugar, and granulated sugar together until well-mixed. Add the eggs, honey, and vanilla and beat on medium speed until light and fluffy.

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4 On a piece of wax paper, sift the flour, baking soda, and salt. Add to the mixing bowl along with the oats. Mix on low speed just until combined. By hand, stir in cranberries and nuts, if using.

5 Drop the dough by rounded tablespoonfuls onto the cookie sheet, about 1-1/2 inches apart. Bake until the cookies have spread and are lightly browned, 20 to 24 minutes. Let cool slightly, then transfer to a wire cooling rack to finish cooling. Repeat with the remaining dough. (While the first sheet of cookies bakes, cover the remaining dough with plastic wrap so it doesn't dry out.) Store in an airtight container, or freeze.

MARBLED BROWNIES

Swirls of sweetened ricotta cheese give these brownies—made from a boxed mix—pizazz!

DIFFICULTY: Easy | **PELLETS:** Cherry | **SERVES:** 12
PREP TIME: 15 min. | **COOK TIME:** 25 to 30 min.

THINGS YOU'LL NEED

- Nonstick cooking spray
- 1 cup ricotta cheese
- 1 egg
- 1/4 cup sugar
- 2 teaspoons cornstarch
- 1/2 teaspoon vanilla
- One 18.3 ounce package “family size” brownie mix, such as Betty Crocker

HOW TO MAKE

- 1 Coat a 9- by 13-inch nonstick baking pan with cooking spray or softened butter and set aside.
- 2 In a medium bowl, combine the ricotta, egg, sugar, cornstarch, and vanilla and whisk together thoroughly. Set aside.
- 3 Prepare the brownie mix according to the package directions. Spread the brownie batter evenly in the prepared pan. Randomly drop dollops of the ricotta mixture over the batter. Run a plastic knife through the ricotta mixture to give the brownies a marbled look.
- 4 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 5 Put the pan with the brownie mixture directly on the grill grate and bake according to the package directions, about 25 to 30 minutes, rotating the pan once. Insert a bamboo skewer or toothpick in the center of the brownies to determine if they are done: the batter should not be wet.
- 6 Transfer the brownies to a wire cooling rack to cool completely. Cut into squares.



BUSY DAY BLUEBERRY SHORTCAKE

If you have leftovers, reheat in the microwave and serve for breakfast.

DIFFICULTY: Easy | **PELLETS:** Apple, Cherry, or Maple
SERVES: 8 | **PREP TIME:** 5 min. | **COOK TIME:** 35 to 40 min.

THINGS YOU'LL NEED

- Nonstick cooking spray, preferably butter-flavored
- 1 cup granulated sugar, plus 2 tablespoons for topping the cake
- 1/4 cup butter, slightly softened
- 3/4 cup milk
- 1 teaspoon vanilla
- 1/4 teaspoon almond flavoring
- 1-1/2 cups all-purpose flour
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups fresh blueberries, washed and picked over
- 1/2 cup sliced almonds (optional)
- Sweetened whipped cream for serving (optional)

HOW TO MAKE

- 1 Spray an 8- or 9-inch round cake pan with nonstick cooking spray.
- 2 When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes.
- 3 Using a hand-held mixer or a wooden spoon, cream the sugar and butter in a medium mixing bowl. Add the milk, vanilla, and almond extract. Stir in the dry ingredients, but don't overmix. Fold in the blueberries.
- 4 Scrape the batter into the prepared pan. Sprinkle the top of the cake evenly with the almonds, if using, and the remaining 2 tablespoons of sugar.
- 5 Bake the shortcake until the top is golden brown and a tester, such as a toothpick or bamboo skewer, inserted in the center comes out clean. Transfer to a wire rack to cool. Cut into squares to serve.





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